

The Connection

Mission Statement: Spencer County Schools will go the distance for all students!

Vision Statement: Spencer County Schools will ensure all students reach their full potential through high academic standards empowering them to become highly effective individuals.

August 12, 2010

Issue date: Each Thursday

Deadline for items: Wednesday afternoon

Submit items to Central Office:

Phone 477-3250 or via

bonnie.parsons@spencer.kyschools

Welcome Back!!

Spencer County School Employees

This is **YOUR** newsletter.

Please send in any news, announcements or accomplishments, as well as items wanted or for sell — whatever you want to share, whether personal or from the classroom.

It's going to be a Great Year!



Going the Distance!

A special thank you to Terry Palmer. He came to Adult Ed., and power washed and cleaned our front porch at the Learning Center. He really did an awesome job, and really went above and beyond the call of duty! The porch looks so pretty and inviting now! I really want him to know how much we appreciate what he did to make our little Center look nice for our students!

— Jennifer Griffith

Adult Education Program Director

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### Concert of Prayer

Sunday, August 22, 2010 — 3:00 pm

Middle School Auditorium

Sponsored by area churches — See attached flyer

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! FREE !

Community Assistance Day

At Elk Creek Baptist Church

5734 Elk Creek Road

Sunday, August 15, 10 a.m. to 1 p.m.

Free Child Care, Car Wash, Manicures, KPAP Applications, School Supplies, Toiletries, Cleaning Supplies, etc.

For more info, call 477-2730 or email elkcreekbaptist@gmail.com

A Note From Food Service

TO ALL TEACHERS

Please turn in Lunch Applications as soon as possible each day. These need to be processed right away.

Welcome, Baby Girl!

Catherine and Adam Knapp are the proud parents of a beautiful baby girl. Allison Dee Knapp arrived on August 3, 2010, weighing 8 lbs., 10 oz., and measured 20 inches long.

Reminder:

Be sure to email any items for the **District Calendar** to Michelle Barlow as soon as possible. This includes all academic events, meetings, sporting events, music, drama, etc. Thanks!

Do Your Feet Hurt?



This quick fix has worked every time for me. Freeze a bottle of water (I use a recycled Gatorade bottle). Place it on it's side on the floor and put your foot on it, **while sitting**. Roll back and forth like a rolling pin about 20—30 times for each foot. It seems to work better if you put a bit of pressure on it as you roll.

- BP



FOR SALE

- **Home** at 290 Autumn Drive, Taylorsville. Beautiful 4 BR, 2 BA, walk-out ranch w/2 1/2 car garage on 1.06 acres.
- **Too many** lovely features to list. \$189,900. Call Semonin Realtors at 214-3500 or 727-3114.

NEEDED

- **PERSONAL REQUEST:** We are looking for someone to car-pool with our son from Spencer County to Middletown for Karate class on Tuesdays and Thursdays after school.
- We would pay towards the cost of gas; we are both in Middletown already at the office for work. Hopefully a teacher that lives in Louisville and has to drive back into the east end would be interested in helping us. Thank you. Please call Jennifer Hesse, cell 502-643-2093

Middle School ART NEEDS

Please collect any kind of plastic LID or CAP which will be used by us in an art project this school year. Thanks so kindly for your support by collecting these items.

--Stacy La Rue, Art Teacher, SCMS

Public Information Meeting
The Kentucky Transportation Cabinet Needs Your Input!

KY 44 Corridor Study
Bullitt & Spencer Counties - Item No. 5-396.00
Thursday, August 19, 2010 — 5:00 pm – 7:00 pm
Spencer County Elementary School

The Kentucky Transportation Cabinet has scheduled the first Public Information Meeting for the **Planning Study** on KY 44 from its junction with US 31E in Bullitt County to KY 1633 just west of Taylorsville in Spencer County. The meeting will provide current information of the existing geometry, environment, crashes, and traffic volumes for this segment. The Draft Purpose and Need for the Project and Project Scope will also be presented. Your ideas and opinions that will help the Cabinet make decisions about improvements to this roadway will be solicited.

The Public meeting will have an Open House format with an exhibit area where Officials will be prepared to answer questions and receive public input. The exhibits will also be available for viewing and written comments accepted at the Kentucky Department of Highways District 5 Office at 8310 Westport Road, Louisville, KY 40242 from 8:00 a.m. to 4:30 p.m. local time for fifteen (15) days after the Public meeting date.

Written and oral statements will be accepted at the meeting. Written statements will be accepted at the meeting and for a period of fifteen (15) days after the meeting, which should be addressed to Keith Damron, P.E., Director, Division of Planning, 200 Mero Street, Frankfort, Kentucky 40622. All recorded and written statements will become part of the official record. The meeting record will be made available for review and copying only after an Open Records Request has been received and approved; which must be submitted to the Transportation Cabinet, Office of Legal Services, 200 Mero Street, Frankfort, Kentucky 40622.

If you have a disability for which the Transportation Cabinet needs to provide accommodations, please notify Andrea Clifford, Public Information Officer, no later than 8/12/10. Please call (502) 210 5400.

CHICKEN OLE' Yield: 4 servings

- 1 pound boneless skinless chicken breast,
cut into bite-size pieces
- 1 teaspoon ground cumin
- 1/4 teaspoon ground black pepper
- 1 tablespoon extra virgin olive oil
- 1 medium yellow onion, sliced and separated into rings
- 14-1/2 ounce can Mexican-style stewed tomatoes
- 1 cup frozen (thawed) whole kernel corn
- 1/4 cup chopped fresh cilantro or sliced scallions



Sprinkle the chicken with the cumin and pepper and toss to mix well. Set aside.

Coat a large non-stick skillet with the olive oil and preheat over medium-high heat. Add the chicken and cook for several minutes, until nicely browned. Add the onions, reduce the heat to medium, cover and cook for a couple of minutes, until the onion softens.

Add the undrained tomatoes to the skillet and let the mixture come to a boil. Reduce the heat to low, cover and cook for 10 minutes. Add the corn and cook covered for five minutes more.

Serve hot, topping each serving with a sprinkling of the cilantro or scallions. Serve over brown rice or whole-wheat couscous if desired.

Nutritional information per serving (1/4 of recipe): Calories: 231, Carbohydrate: 18 g, Cholesterol: 65 mg, Fat: 5.2 g, Saturated fat: 0.9 g, Fiber: 3.2 g, Protein: 29 g, Sodium: 403 mg, Calcium: 38 mg, Diabetic exchanges: 3 Very Lean Meat, 1/2 Starch, 1-1/2 Vegetable, 1/2 Fat

**TEAM UP TO LOSE AND
WIN BIG...**

We are collaborating with the Extension Office, Health Dept. and other agencies to offer a **"Biggest Loser Challenge"** in Spencer County. [Attached](#) you will find a flyer and packet. The calendar of free classes is still being finalized but will be ready by the kick-off event on August 31.

We are also trying to recognize "Healthy Heroes" in our community for themselves or others, please feel free to nominate someone that you feel is making healthy strides. We've already been getting requests for this information and we would love it if you would help us share this. ****You don't have to lose the most weight to win — a winner could simply attend the most classes during the months of September and October.***

Please feel free to give us a call if you have any questions. Thanks so much!

— Vonda Martin & Becky Wilson
Family Resource & Youth Services